

Movement Quality Words

<u>Percussive</u>	<u>Sustained</u>	<u>Swing</u>	<u>Suspend</u>	<u>Collapse</u>	<u>Vibratory</u>	<u>Explosive</u>
crisp	smooth	pendulum	defer	drop	spasm	burst
sudden	slide	glide	stay	crash	jerk	volcanic
abrupt	sleek	hang	postpone	fall	shudder	blast
short	glossy	dangle	light	swoon	fidget	blow up
cut	soft	flowing	extended	cripple	waver	erupt
slice	flowing	fluid	tense	shatter	flicker	stimulate
sharp	even	expand	still	heavy	shake	aggravate
quick	mild	swivel	frozen	relax	tremble	lash
staccato	anchor	dip	hold	sink	quick	leap
precise	grip	whirl	anchor	free	tense	bound
stamp	developing	sway	hang	contract	shiver	detonate
punch	light	rock	reach	retract	wobble	flash
pound	settle	pulsate	stretching	release	quiver	hysteric
erupt	elegant	alternate	lifting	weak	patter	dynamic
hammering	gentle	complete	adage	roll	free	energetic
thrusting	graceful	repeating	help	bend	uncontrolled	precise
hit	still	rhythmic	romantic	lunge	pulsing	quick
hard	holding	fast	feelings	down	fast	exciting
	stopped	energy	breathe	lower	sharp	adrenaline
	pause	lively	rise	drip	small	show-time
	pose	bouncy	dangle	shrink	scratching	sharp
	frozen	active	pause	close	wiggle	sudden
	length	continuous		plunge	jiggle	big
	perch	side to side		tumble	twitch	surprising
	follow-thru				rattle	fast
	steady				quiver	speedy
	continuous				flinch	rapid
	uninterrupted				flutter	swift
						instant